Get ready to lace up and Heart Walk like never before! This year the Heart & Stroke Walk goes digital, which means you’ll be able to choose how, where, and when you walk, dance, cycle, or even stretch your way through the day! Find ways to get active at home or in your neighborhood and share your photos and videos on social media using the hashtag #CVHeartWalk.

Are you ready? Let’s get moving!

Participate in interactive Zoom Workshops

8:30AM  Stretching & Music Therapy Warm Up
9:00AM  Walking Together Activities
9:30AM  Mindful Meditation
10:00AM  Celebration of Dance
11:00AM  The Art of Cooking

Join the conversation on the Coachella Valley AHA Facebook Page

9:00AM - 10:00AM  Opening Ceremony & Social Media Interaction
How are you moving?
Will you walk, run, swim, or dance? The best part of this digital experience is that you can MOVE however you want and wherever you are. So get that heart pumping!

No matter where or how you move, join us on Facebook throughout the 9 o’clock hour to take part in interactive posts to see how your team and other members of the community are pledging to be Healthy for Good.

ALL DAY  Keep finding ways to move more throughout the day and share on social media using the hashtag #CVHeartWalk

Can’t be part of these digital activities? No problem! You can show your support by walking where you are and making a donation.

Thank you to our generous sponsors:
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